

the American Diabetes Association, FPG, 2-hour plasma glucose following a 75-g OGTT, and HbA1c are equally appropriate to test for prediabetes or diabetes (41). Other organizations, such as the World Health Organization, also include HbA1c as an acceptable test for diabetes but not for prediabetes (42, 53). Based on these data, the Writing Committee suggests that people with prediabetes be screened for diabetes annually.

- 1.5 We recommend that all individuals at metabolic risk in the office setting have their BP measured annually and, when elevated, at each subsequent visit. (1|⊕⊕⊕⊕)

Technical remark: BP should be measured after 5 minutes of rest. Table 4 provides detailed BP measurement guidance. Ambulatory and/or home BP monitoring, when performed correctly, is recommended to confirm a diagnosis of hypertension after initial screening.

Evidence

Anyone >18 years of age at metabolic risk with stage 1 hypertension (130 to 139/85 to 89 mm Hg), individuals who are overweight or obese, and those of African American descent should be screened at least annually for hypertension. Screening should involve multiple readings and confirmation outside the office setting (54, 55). Either ambulatory or home BP measurement should be used to confirm a diagnosis of hypertension and to assess the presence of white-coat hypertension and masked hypertension (54–57).

- 1.6 For individuals with elevated BP >130 mm Hg systolic and/or >80 mm Hg diastolic who are not documented as having a history of hypertension, we recommend confirmation of elevated BP on a separate day within a few weeks or with a home BP monitor. (1|⊕⊕⊕⊕)

Evidence

Single BP readings are highly variable and depend on multiple factors in the methodology used to measure BP, in addition to the circumstance at the time of measurement (*e.g.*, rested, not rested, anxious). Out-of-office measurement of BP can be helpful for confirmation and management of hypertension. Among individuals with hypertension, self-monitoring of BP, without other interventions, has shown limited evidence for treatment-related BP reduction and achievement of BP control (58, 59). However, with the increased recognition of inconsistencies between office and out-of-office BPs and greater reduction in BP being recommended for hypertension control, increased attention is being paid to out-of-office BP readings, especially home BP monitoring (54).

There are specific guidelines for how to measure BP and these are summarized in the ACC/AHA 2017 guidelines on high BP (54) and elsewhere (60). The standards indicate that a process be undertaken that requires time and some diligence (Table 4). Office-based semiautomated oscillometric BP is the conventional approach for diagnosing

Table 3. Definitions of Prediabetes (Intermediate Glycemia)

Organization	Prediabetes Category			Comments
	IFG (Fasting Glucose)	IGT (2-h OGTT)	High Risk for DM by A1c (HbA1c)	
ADA ^a	100–125 mg/dL (5.6–6.9 mmol/L)	140–199 mg/dL (7.8–11.0 mmol/L)	5.7%–6.4% (39–46 mmol/mol)	Any one of the three is sufficient
WHO 2011 ^b	110–125 mg/dL (6.1–6.9 mmol/L)	140–199 mg/dL (7.8–11.0 mmol/L)		A1c is not recommended for diagnosis of intermediate glycemia
IEC 2003 ^c	100–125 mg/dL (6.1–6.9 mmol/L)			FPG lower threshold was revised downward from previous 1997 report to include more individuals
IEC 2009 ^d			6.0%–6.4% (42–46 mmol/mol)	Restricted to higher risk group than ADA definition for T2DM prevention

[Data derived from American Diabetes Association. Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes. Diabetes Care 2019; 42(Suppl 1): S13–S28; World Health Organization. Use of glycated haemoglobin (HbA1c) in the diagnosis of diabetes mellitus: abbreviated report of a WHO consultation. 2011. www.who.int/diabetes/publications/diagnosis_diabetes2011/en/index.html; and The Expert Committee on the Diagnosis and Classification of Diabetes Mellitus. Follow-up Report on the Diagnosis of Diabetes Mellitus Diabetes Care 2003 Nov; 26(11): 3160–3167. <https://doi.org/10.2337/diacare.26.11.3160>.]

^a(41).

^b(42).

^c(43).

^d(44).